



Titolo Viaggio: **Viaggio didattico Territoriale in Filippine**
Study Trip full name: Study Trip in Filippine

Viaggio ID: MOGMOB24EXV
16/03/2024 - 27/03/2024

Tutor: M. Venturino

SATURDAY, 16th MARCH 2024

4:30

Meeting at Bra Movicentro

4:45

Departure from Bra Movicentro to Milano Malpensa MXP

9:55

Flight EY 088 - MXP AUH

18:45

Arrival to Abu Dhabi airport

Free dinner

SUNDAY, 17th MARCH 2024

02:40

Departure from Abu Dhabi airport

Flight EY 424 - AUH MNL

15:10

Arrival to Manila airport

21:05

Departure from Manila airport

Flight Cebu Pacific 5J 479 - MNL BCD

22:30

Arrival to Bacolod airport

23:30

Arrival at May's Organic Garden; check-in and overnight

<https://www.facebook.com/maysorganicgarden/?ref=bookmarks>

MONDAY, 18th MARCH 2024

09:00

Departure from May's Organic Garden to Kabankalan

11:00

Welcome program at CPSU (Central Philippine State University) Agricultural and Biodiversity Conservation Center;

Food Exchange. This is a learning experience that mimics the important early trans-oceanic cultural exchanges (Columbian exchange, Manila-Acapulco Galleon Trade) which altered the foodscapes of countries around the world. UNiSG students will bring a food item from their home country (or Italy), and do a show-and-tell for the students of CPSU. This is also similar to the Filipino pasalubong social script, wherein people coming from abroad bring little gifts for their hosts or family. The local students will also demonstrate and share various traditional food with the guests from UniSG.

<https://cpsu.edu.ph/>

Lunch all together with CPSU faculty and staff

12:30

Tour: Muscovado sugar production, Green Mining Technology and Handloom Weaving

<https://www.facebook.com/KalibutanSociety/>



Workshop: making concoctions and vermicast for organic farming

<https://www.facebook.com/KalibutanSociety/>

16:00

Departure for Bacolod

18:00

Arrival to Bacolod and dinner together at Terrasse, located at Ayala Talisay. Chef Nico Millanes will prepare a special meal featuring local ingredients prepared with Western techniques for us.

<https://www.facebook.com/terrassebistrobacolod/>

Overnight May's Garden

End of didactic activities

TUESDAY, 19th MARCH 2024

8:30

Depart for Minoyan, Murcia

Meeting with Teddy Cañete, head of the Slow Food Coffee Coalition of Minoyan

Learn the process of harvesting coffee, and other steps in processing good, clean and fair coffee.

Discover how coconut vinegar is processed as the farmers have coconut trees; learn how to make

Sinamak, a spicy vinegar concoction

Farmers lunch prepared by Joy Cañete

Depart for Alijis, Bacolod City

14:00

Coffee Cupping with Thomas Sproten

<https://www.facebook.com/coffeeculturoastery/>

18:00

Dinner together at 26 Herb Garden

<https://www.facebook.com/people/Twenty-Six-Herb-Garden-Store/100064167573853/>

Overnight May's Garden

End of didactic activities

WEDNESDAY, 20th MARCH 2024

7:00

Departure for Sagay

Take only an overnight bag with clothes and equipment for sea activities (e.g. sun hat, goggles, snorkeling gear, and aqua shoes). Leave your luggage packed in your room for easier room cleaning while we are away.

09:30

Tour of local marine biodiversity museum

The schoolchildren of Sagay City will host a tour around a museum dedicated to educating local youth about Philippine marine biodiversity.

Boat ride to Suyac Island Mangroves for tour and lunch

Transfer to nearby Carbin Reef

Free time for swimming and/or snorkeling to explore the protected reefs of this marine reserve.

16:00

Departure to the mainland

Check in at Osner Hotel and freshen up

https://www.facebook.com/profile.php?id=100087956191300&locale=it_IT

19:00

Dinner at together at Enting

For dinner, we will have a demonstration of making kinilaw, a special dish similar to ceviche. Their kinilaw was one of the dishes highly-praised by Anthony Bourdain in his show "Parts Unknown".



<https://www.facebook.com/entingsspecialofsagay/>

Overnight at Osner Hotel

End of didactic activities

THURSDAY, 21st MARCH 2024

7:30

Depart for Lapus-Lapus, and take boats to go to floating cottages

Learn about sea ranching and harvest the atob-atob.

Sea ranching is one of several passive and sustainable mariculture methods. It involves the creation of artificial reefs (atob-atob) in tidal shallows which encourage the fish to inhabit. After several months, it is hand-harvested and rebuilt again. Whatever we harvest, we will cook for breakfast!

10:30

Head back to Osner Hotel to wash up and check out.

Depart for Gawahon, Victorias City

Lunch at Gawahon Waterfalls

14:30

Stingless bees and forest honey.

We will visit an apiary situated in the protected area of the 162-hectare Gawahon Eco-Park in the city of Victorias. Stingless bees are several genera of bees (e.g. Tetragonula, Tetragona) that are native/endemic to the Philippines. They also produce honey, but their hive and honeycomb structures are very unique. A local beekeeper will give us a lecture and tasting of this honey straight from the hive. Wear hats or head gear as the bees can get in your hair.

16:30

Visit at 7 Hectares

Lecture and tour of various fishponds containing premium seafood items like Asian seabass that are grown using natural methods. A seven-course meal will be served afterwards. This early dinner is scheduled like so because the site in the middle of the fish ponds has no electricity.

<https://www.facebook.com/7Hectares/>

Overnight at May's Garden

End of didactic activities

FRIDAY, 22nd MARCH 2024

9:00

Departure to Valladolid

9:30

Diwal harvesting

We will have the opportunity to witness the seasonal harvesting of a rare clam that was saved from the brink of extinction. The diwal (*Pholas orientalis*) is a highly-prized succulent bivalve that is hand-harvested in the shores of this town only during certain months of the year. We will ride small boats and observe men artisanally harvest diwal from the sandy shallows nearby, feeling for the clams with specially-designed rods. There is an opportunity for students to try their hand at harvesting.

(<https://www.fondazioneSlowFood.com/it/arca-del-gusto-slow-food/vongola-angel-wings/>)

A diwal-themed lunch will be prepared for us at a local eatery.

Depart for Atipuluan, Bago

13:00

Visit to Chris Fadriga Criollo Farm: history of Cacao in the Philippines; chocolate tasting, bean cut test, process of fermentation and drying; grafting and propagation; nursery farm tour.

<https://news.abs-cbn.com/ancx/culture/spotlight/05/24/22/farmer-from-negros-grows-one-of-worlds-50-best-cacaos>

15:00



Visit to Grace farm: learn how the different varieties of organic rice is milled and cook rice in the traditional way with the palayok (earthenware pot)

Departure to Bacolod

18:00

Dinner at Aida's, featuring inasal, a traditional chicken barbecue

<https://www.facebook.com/p/Aidas-Chicken-Bacolod-City-Reclamation-Area-100083346697253/>

Overnight at May's Garden

End of didactic activities

SATURDAY, 23th MARCH 2024

9:00

Departure to Don Salvador Benedicto

Visit to Rapha Valley Organic Farm

This mountain farm, which is owned by a medical doctor, espouses plant-based eating. We will tour his various gardens and listen to his philosophy of healthy eating.

<http://www.raphavalley.com/>

Kusinata plant-based lunch

Explore waterfalls and learn about cinnamon with a bark-harvesting demonstration by a local grower

14:30

Visit Earth Market at Casa A. Gamboa

<https://www.facebook.com/CasaAGamboa/>

Workshop: Valenciana (local rice dish inspired by paella) cooking demonstration

18:00

Dinner together at Casa A. Gamboa with Cooks Alliance

<https://www.facebook.com/CasaAGamboa/>

Overnight at May's Garden

End of didactic activities

SUNDAY, 24th MARCH 2024

6:00

Departure to Bredco Port

9:00

Arrival at Iloilo, departure from Parola Port to Guimaras.

Visit to Baranguay Hoskyn to learn about artisanal Tultol salt (coconut-milk-enhanced salt blocks) production

Lunch at Balay Kawayan

Learn about cashew cultivation and processing; natural mango farming

Departure for Iloilo

18:00

Dinner together at Breakthrough, featuring kansí (a beef shank soup flavored with a native fruit called batwan)

<https://breakthroughrestaurants.com/>

Overnight at Days hotel

<https://www.dayshotel.com.ph/>

End of didactic activities

MONDAY, 25th MARCH 2024

9:00

City tour: from Calle Real to Jaro, Cathedral and Belfry, Ancestral houses

Batchoy noodle soup demonstration and tasting at Alicia's



Departure for Tigbauan - Villa, Oton Running Tour

12:30

Lunch at Jezra Darag Chicken (local variety, listed in Slow Food Ark of Taste: <https://www.fondazioneSlowFood.com/en/ark-of-taste-slow-food/darag-chicken/>) Farm

<https://www.facebook.com/daragnation>

Return to Iloilo

Souvenir shopping and merenda of Molo Soup at Kap Ising Eatery, and visit to the Yusay-Consing Heritage Mansion in the Molo District for souvenir shopping and other snacks / local coffee.

Freshen up at Days Hotel

18:00

Dinner all together at Fort San Pedro

Overnight at Days hotel

<https://www.dayshotel.com.ph/>

End of didactic activities

TUESDAY, 26th MARCH 2024

8:00

Check-out and departure for Iloilo airport.

11:05

Departure from Iloilo airport

Flight Cebu Pacific 5J 458 - ILO MNL

12:30

Arrival to Manila airport

18:45

Departure from Manila airport

Flight EY 423 - MNL AUH

WEDNESDAY, 27th MARCH 2024

00:15

Arrival to Abu Dhabi airport

03:10

Departure from Abu Dhabi airport

Flight EY 081 - AUH MXP

06:45

Arrival to Milano Malpensa airport

11:00

Arrival to Bra Movicentro